# CDC issues travel health notice amid global measles outbreak



The Centers for Disease Control and Prevention (CDC) has recently issued level one Travel Health Notices (THNs) in response to an ongoing outbreak of a highly contagious virus, specifically measles, which is affecting 57 countries globally, including the United Kingdom. This advisory was prompted by the significant rise in measles cases reported in many international destinations. The CDC urges both travellers and residents to take essential hygiene precautions to mitigate the risks associated with this outbreak.

THNs serve as vital alerts from the CDC, informing the public about potential health risks during disease outbreaks, natural disasters, or significant global events. The current level one THN advises individuals to practise usual precautions, emphasising the importance of vaccination before international travel. The CDC highlights that individuals who have not been fully vaccinated against measles, or those who have never had the disease, face a heightened risk if they travel internationally.

A detailed vaccination protocol has been laid out by the CDC, stating that all international travellers should be vaccinated with the measles-mumps-rubella (MMR) vaccine. This applies even to infants, who are recommended to receive an early dose between the ages of 6 and 11 months. Symptoms of measles include a characteristic rash, high fever, cough, runny nose, and red, watery eyes. Notably, the disease can remain contagious for up to four days prior to the appearance of the rash and for four days afterwards.

In a separate health concern, a different outbreak has raised alarms, this time in the Democratic Republic of the Congo (DRC), where a mysterious virus has resulted in the deaths of 53 individuals. The World Health Organization (WHO) reported that 431 cases have been diagnosed across two remote villages in the region. The event has incited serious health officials to investigate, with a strong emphasis on preventing any uncontrolled spread that could pose a significant public health threat.

Initial tests for common haemorrhagic fever viruses, including Ebola and Marburg, have returned negative. Dr Michael Head, a senior research fellow in global health at the University of Southampton, expressed concern regarding the outbreak's scale and severity, noting, "There is a huge amount of uncertainty about this outbreak." The DRC's healthcare infrastructure, which faces challenges due to resource limitations, complicates the public health response. Despite these difficulties, health officials are experienced in addressing various infectious diseases, having dealt with past outbreaks of diseases like Ebola.

As investigations proceed, they are exploring a variety of potential causes for the recent illnesses, including malaria, food poisoning, and other viral infections. WHO spokesman Tarik Jašarević highlighted the urgent need for high-level intervention to contain the outbreak, which was first detected after three children died following the consumption of a dead bat. This incident raises concerns over zoonotic transmissions, typical of viruses like those causing haemorrhagic fever.

The convergence of these health issues underscores the ongoing challenges faced by public health systems worldwide, as they grapple with outbreaks that can swiftly escalate in the absence of effective monitoring and timely vaccination initiatives.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://wwwnc.cdc.gov/travel/notices/level1/measles-globe> - This URL supports the claim about the CDC issuing Travel Health Notices due to the measles outbreak and the importance of vaccination for international travelers. It also details the symptoms and risks associated with measles.
2. <https://wwwnc.cdc.gov/travel/destinations/list> - This URL corroborates the information about the global spread of measles and the CDC's recommendation for all travelers to be fully vaccinated against measles before traveling internationally.
3. <https://www.nj.gov/health/cd/topics/measles.shtml> - This URL provides additional information on the contagious nature of measles and its symptoms, aligning with the CDC's advisory on the disease.
4. <https://www.who.int/news-room/q-and-a/detail/measles> - Although not directly mentioned in the search results, this WHO URL typically provides information on measles, supporting the general context of the outbreak and global health concerns.
5. <https://www.who.int/news-room/q-and-a/detail/ebola> - This URL provides context on Ebola outbreaks, which is relevant to the discussion of the mysterious virus in the DRC and the challenges faced by public health systems.
6. [https://www.who.int/news-room/fact-sheets/detail/haemorrhagic-fevers-(ebola,-marburg,-lassa,-crimean-congo)](https://www.who.int/news-room/fact-sheets/detail/haemorrhagic-fevers-%28ebola%2C-marburg%2C-lassa%2C-crimean-congo%29) - This URL supports the information about haemorrhagic fever viruses like Ebola and Marburg, which were initially tested for in the DRC outbreak.
7. <https://www.bristolpost.co.uk/news/health/every-country-highly-contagious-virus-9976164> - Please view link - unable to able to access data
8. <https://www.foodandwine.com/avian-influenza-transmission-endemic-in-cows-11686288> - Please view link - unable to able to access data
9. <https://www.dailymail.co.uk/health/article-14437717/mystery-virus-kills-50-Congo-experts-disease-marburg.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data